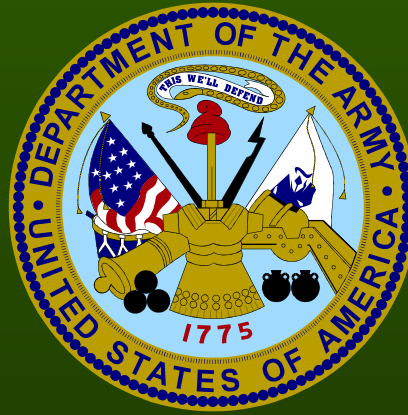


ANABOLIC-ANDROGENIC STEROIDS





ANABOLIC-ANDROGENIC STERIODS CONTENT



◆ *What Are Anabolic-Androgenic Steroids?*

◆ *History*

◆ *How Are They Taken?*

◆ *Why Are They Used?*

◆ *What are the Effects?*

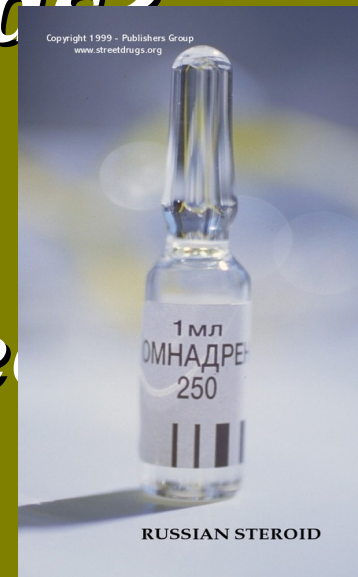
◆ *Physical Damage*

◆ *Psychological Damage*

◆ *Use in the United States*

◆ *Testing for Anabolic Steroids*

◆ *Useful Links*



WHAT ARE ANABOLIC-ANDROGENIC STERIODS?

▮ Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.

▮ Anabolic-androgenic Steroids are more commonly known as “Anabolic Steroids”.

WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?

Anabolic Steroids Effect the Human Body in Two Major Areas:

- 1) The anabolic effects of the drugs promote the growth of skeletal muscle.***
- 2) The androgenic effects of the drugs promote the development of male sexual characteristics.***

HISTORY of STEROIDS

1860's - *The first documented use of drugs to enhance athletic performance. A group of swimmers in Amsterdam took drugs to swim faster.*

1935 - *Testosterone was first synthesized, and German soldiers were reportedly using it to perform better and to become more aggressive.*

1950's - *During the 1952 Olympics the Russian weightlifting team won the gold medal due to synthetic steroid use.*



HISTORY of STEROIDS (cont)

1950's (cont) - A U.S. pharmaceutical firm develops the first Anabolic Steroids.

1970's - Demand for anabolic steroids grew as professional athletes discovered some of the benefits. The myth that athletes **NEEDED** to use anabolic steroids to remain competitive began to be heard.

1975 - The International Olympic Committee officially banned the use of steroids.

HISTORY of STEROIDS (cont)

1984 - The first case of a bodybuilder contracting AIDS due to steroid needle sharing became public.

1988 - The sale of anabolic steroids for non-medical purposes was made illegal under the Anti-Drug Abuse Act of 1988.

1990 - The possession of anabolic steroids without a prescription was made illegal



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HOW ARE THEY EN?

Anabolic Steroids can be ingested in a variety of ways:

1) Orally - In a pill or liquid form.

2) Intravenously - Injected with the use of a hypodermic needle.

3) Rubbed onto the skin with the steroid in a gel or cream form.

******Some steroid users mix different types and amounts of these drugs to increase the effects. This is call "Stacking".******

WHY ARE THEY USED?

Athletes use anabolic steroids for many different results:

- 1) To trim body fat faster.***
- 2) To increase muscle size.***
- 3) For faster post workout muscle recovery.***
- 4) In order to train harder and more often.***

SHORT TERM PHYSICAL EFFECTS

- » ***Sore Throat***
- » ***Bad Acne/Rashes***
- » ***Chronic Headaches***
- » ***Insomnia***
- » ***Nausea and Diarrhea***
- » ***Bloating***
- » ***Muscle Cramps***
- » ***Bone Pain***

LONG TERM PHYSICAL EFFECTS

- » ***Extra Body Hair for Women***
- » ***Feminine Breasts in Men***
- » ***Baldness***
- » ***Sterility***
- » ***Brain Damage***
- » ***Blood Clotting/High Blood Pressure***

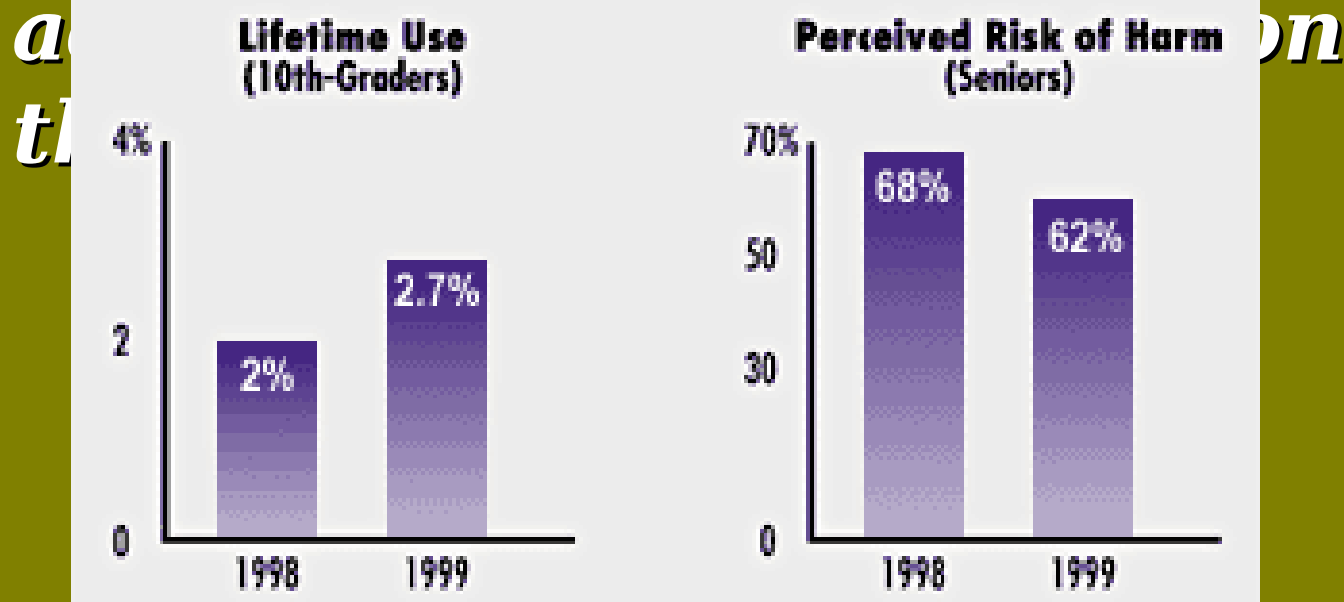
- » ***Tumors of the Liver***
- » ***Hepatitis***
- » ***Liver Cancer***
- » ***Eye Infections***
- » ***Kidney Disease***
- » ***Enlargement of Facial Bones***
- » ***Heart Attacks***

PSYCHOLOGICAL EFFECTS

- » ***Overly Aggressive Attitude or “ROID-RAGE”***
- » ***Homicidal Rage***
- » ***Chronic Depression***
- » ***Loss of Memory***
- » ***Excessive Sexual Arousal***
- » ***Loss of Interest – lack of concentration, and no energy to do anything.***

STEROID ABUSE IN THE U.S.

While there is not much data on adult steroid use, evidence shows that



STEROID TESTING IN THE ARMY

- ***Steroid testing of individuals for probable cause or testing certain populations may be requested by commanders, however PRIOR coordination must be made through the IBTC and Fort Meade.***
- ***Specimens collected will NOT be tested for any other drugs. A second sample must be collected for additional drug testing. The second sample must be on a separate DD Form 2624 and preferably shipped in a second box.***

NORANDROSTENEDIONE

- ***Norandrostenedione is an over the counter dietary supplement that is very much like anabolic steroids. Instead of converting to testosterone it converts to nandrolone.***
- ***It CANNOT be determined if dietary supplements or anabolic steroids were used if the laboratory result is reported positive for Nandrolone.***
- ***In such cases, NO ACTION CAN BE TAKEN AGAINST THE SOLDIER.***

ADDITIONAL RESOURCES

- ***<http://www.steroidabuse.org>***
- ***<http://www.drugabuse.gov>***
- ***<http://www.health.org>***
- ***[http://www.nida.nih.gov/ResearchReports/Steroids/
AnabolicSteroids.html](http://www.nida.nih.gov/ResearchReports/Steroids/AnabolicSteroids.html)***
- ***<http://thesteroidtruth.com/>***
- ***[http://espn.go.com/special/s/drugsandsports
/
steroids.html](http://espn.go.com/special/s/drugsandsports/steroids.html)***



UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS



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